

College of Health and Human Services
 Health Sciences - Fitness Wellness Bachelor of Science
 2023-2024 Undergraduate Catalog

Progression Plan-Classic

Sample Progression Plans are for planning purposes
 only; see the catalog for official details.

| Year 1 - Fall | |
|-------------------------------------------|---|
| BIO 181 Unity Of Life I: Life Of The Cell | 3 |
| HS 200 Healthy Lifestyles | 3 |
| PSY 101 Introduction To Psychology | 3 |
| Foundation Math | 3 |
| Liberal Studies and/or Diversity | 3 |

| Year 1 - Spring | |
|----------------------------------------|---|
| BIO 192 Introduction To Human Movement | 3 |
| CHM 151 General Chemistry I | 4 |
| CHM 151L General Chemistry I Lab | 1 |
| Foundation English | 4 |
| General Elective Course | 3 |

| Year 2 - Fall | |
|-------------------------------------------|---|
| BIO 201 Human Anatomy/Physiology I | 3 |
| BIO 201L Human Anatomy/Physiology I Lab | 1 |
| FIT 100* Physical Education (see catalog) | 1 |
| FIT 100* Physical Education (see catalog) | 1 |
| Liberal Studies and/or Diversity | 3 |
| General Elective Course | 3 |
| General Elective Course | 3 |

| Year 2 - Spring | |
|------------------------------------------|---|
| BIO 202 Human Anatomy/Physiology II | 3 |
| BIO 202L Human Anatomy/Physiology II Lab | 1 |
| NTS 135 Human Nutrition | 3 |
| Liberal Studies and/or Diversity | 3 |
| FIT 100 Physical Education (see catalog) | 1 |
| General Elective Course | 3 |
| General Elective Course | 1 |

| Year 3 - Fall | |
|-----------------------------------------------------|---|
| FW 343 Facilitating Active Living | 3 |
| PE 325 Applied Movement Analysis And Motor Learning | 3 |
| HS 390W Current Health Issues | 3 |
| FW 321 Stress Management | 3 |
| General Elective Course | 3 |

| Year 3 - Spring | |
|-----------------------------------------------------|---|
| BIO 338 Physiology of Exercise | 3 |
| FW 330 Health Risk Appraisal And Fitness Assessment | 3 |
| FW 380 Strength and Conditioning Program Design | 3 |
| Liberal Studies and/or Diversity | 3 |
| General Elective Course | 3 |

| Year 4 - Fall | |
|----------------------------------------------------|---|
| FW 405 Worksite Health Promotion | 3 |
| FW 406 Health Coaching Skills | 3 |
| FW 420C Exercise Program Design And Modification | 3 |
| NTS 425 Nutrition for Sport Performance & Wellness | 3 |
| General Elective Course | 3 |

| Year 4 - Spring | |
|---------------------------------------------------|---|
| FW 430 Professional Practice And Responsibilities | 3 |
| FW 408 Fieldwork Experience | 9 |
| Liberal Studies and/or Diversity | 3 |